



Adding Calories to Foods

AMOUNT	FOOD	CALORIES	ADD TO
1 teaspoon	Butter or margarine	35	Potatoes, vegetables, bread, pancakes, waffles, French toast, hot cereal, casseroles, etc.
1 tablespoon	Sour cream	26	Dips, baked potatoes, salad dressings, etc.
1 tablespoon	Mayonnaise	100	Sandwiches, deviled eggs, tuna, egg or chicken salad, etc.
1 tablespoon	Half and half	20	Hot cereal, pudding mix, hot chocolate, cream soups, etc.
1 tablespoon	Powdered milk	15	Whole milk, shakes, mashed potatoes, scrambled eggs, etc.
1 tablespoon	Ranch dressing	70	Chicken nuggets, salads, carrot and celery sticks, baked potatoes, etc.
1 slice (ounce)	Cheese	100	Hamburgers, sandwiches, vegetables, eggs, etc.
1 tablespoon	Peanut butter	100	Apple slices, carrot or celery sticks, crackers, etc.
1 teaspoon	Cream cheese	50	Bagels, crackers, gelatin molds, toast, etc.
1 tablespoon	Chopped nuts	50	Ice cream, salads, pudding, fruit, gelatin dessert, etc.
1 tablespoon	Chocolate syrup	55	Whole milk, ice cream, fruit, milkshakes, etc.
1 teaspoon	Vegetable oil	40	Soups, stews, homemade pudding, etc.